

## Spread the News

## **School breakfast:**

- contains the "power" kids need by providing at least 1/4 of key nutrients needed by a growing child
- meets the U.S. Dietary Guidelines— 30% or less of calories from fat and less than 10% from saturated fat
- is popular with kids—over seven million kids eat breakfast at school every day



## Try These lideas for School Breakfast

- Pineapple Tidbits
- Turkey Sausage Biscuit
- Milk
- Blueberry Muffin
- Scrambled Egg
- Fresh Fruit Cup
- Milk
- Breakfast Burrito with Salsa
- Sliced Kiwi



- Fruit Kabob with Yogurt/Granola
- Choice of Cereal or Biscuit
- Milk
- Orange Juice
- Choice of Cereal
- Bagels with Low-Fat Cream Cheese
- Milk

Power Up Your School Breakfast Program



## Make Your Breakfast Program MOTE Successful

- **PROMOTE** the program to parents and students:
  - display sample meals in areas where buses unload
  - position posters in well-traveled areas in school
  - create student taste-test panels
  - send breakfast promotional flyers home
  - announce breakfast menus over the school PA system
- ► **ASK** for input and ideas from:
  - teachers
  - administrators
  - custodians
  - bus drivers
  - parents
  - students
- NETWORK with administrators and foodservice staff in schools that have high-participation programs



"Power up" your breakfast participation with these innovative approaches:

"breakfast in the classroom"—the most popular alternative service option



"breakfast in a bag" on the bus for students who have long bus rides

- "grab 'n' go breakfast in a bag" from carts in high traffic areas
  - at the start of first period
  - between classes
  - later in the morning schedule

**Need More Information?** 

Contact your school district or State Agency.

For more information visit our Web site at: www.fns.usda.gov/cnd

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